

What is the relationship between alcohol intake and cognitive decline with age? (DGAC 2010)

Conclusion

Moderate evidence suggests that compared to non-drinkers, individuals who drink moderately have a slower cognitive decline with age. (Grade: Moderate)

Although limited, evidence suggests that heavy or binge drinking is detrimental to age-related cognitive decline. (Grade: Limited)

Grade: Moderate; Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades, [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between alcohol intake and cognitive decline with age?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between alcohol intake and cognitive decline with age?](#)